



TOP 20 RESULTS TO RACE 5

			FREETHORPE TEN	VALENTINES 10K	RINGLAND HALF	WYMONDHAM 20M	DEREHAM 10M			TOTAL 5 RACES			
SENIOR WOMEN													
Jessica	Behan	Norwich Road Runners	1:09:18	94	40:32	97	01:29:44.4	98	2:29:16	99	01:06:41	98	486
Becky	Willett	Norwich Road Runners	1:13:41	91	43:54	95	01:41:50.2	88			01:14:10	93	367
Claire	Kent	Wymondham AC	1:20:14	83	44:27	94	01:35:51.2	94			01:14:33	92	363
Anna	Frostwick	Tri-Anglia Triathlon Club	1:20:17	82	46:54	88	01:43:58.0	86			01:17:16	90	346
Juliette	Watkinson	Wymondham AC	1:06:44	96			01:27:39.4	99			01:06:10	99	294
Rowena	Leary	Norfolk Gazelles AC			40:25	98	01:43:23.9	87			01:09:53	96	281
Jasmin	Honour		1:15:11	90	45:44	91					01:17:50	89	270
Hayley	Strivens	GoodGym Race Team	1:21:47	77	56:01	50	01:52:53.0	69	3:28:05	71			267
Rebecca	Done		1:18:39	87			01:46:31.2	82	2:46:28	94			263
Heidi	Isbill						01:45:18.0	83	2:45:22	95	01:19:18	85	263
Katherine	Trehane	Norfolk Gazelles AC					01:35:38.9	95	3:21:20	73	01:13:19	94	262
Michelle	Barker	Wymondham AC	1:29:06	57	51:55	75	02:00:40.8	46			01:25:47	81	259
Leanne	Bagge	Wymondham AC	1:21:57	75	48:29	85					01:18:43	88	248
Laura	Parry	City Of Norwich AC			49:22	82	01:49:41.6	77			01:24:37	82	241
Danielle	Rackham		1:26:04	69			01:49:05.3	78	3:00:23	90			237
Faith	Viney	Bure Valley Harriers	1:04:12	100	38:00	100							200
Rose	Waterman	Tri-Anglia Triathlon Club	1:05:29	98					2:15:09	100			198
Alicia	Lacey	Norwich Road Runners	1:13:19	92			01:38:20.2	91					183
Hattie	Swain	Coltishall Jaguars RC	1:27:48	63	51:56	74	02:01:14.0	45					182
Alice	Kirk	Bungay Black Dog RC	1:36:26	36	55:20	56	02:08:23.0	23	3:36:37	65			180
WOMEN 40-44													
Stacey	Harper	Norwich Road Runners	1:13:19	95	43:45	98	01:38:22.2	96	2:38:29	98	01:14:24	96	483
Jennifer	Gould		1:26:59	73	50:23	90	01:55:59.5	70	3:11:11	83	01:25:12	84	400
Emma	Blake	North Norfolk Beach Runners	1:08:44	98	40:51	100	01:30:49.2	99			01:10:06	99	396
Cassie	Barker	Wymondham AC	1:16:30	89			01:41:12.1	91	2:38:56	97	01:18:14	92	369
Hazel	Thorn		1:24:57	79	50:57	86	01:53:05.0	79			01:23:48	86	330
Helen	Terry	Norfolk Gazelles AC	1:15:09	92			01:39:23.8	95			01:13:26	98	285
Joanna	Killingworth	Norwich Road Runners	1:16:00	90	43:50	97					01:13:57	97	284
Lisa	Greengrass	Wymondham AC			47:10	95	01:49:16.4	87			01:19:20	90	272
Rebecca	Wicks		1:42:01	36	1:00:05	66	02:23:35.4	30	3:41:51	77	01:45:58	63	272
Christine	Ashton		1:18:18	86			01:43:14.7	90	2:50:33	95			271
Stephanie	Deeks	Great Yarmouth Road Runners	1:40:00	42	1:04:49	52	02:22:28.4	31	3:56:09	72	01:38:36	69	266
Kelly	Shaw	Great Yarmouth Road Runners	1:26:54	74			01:53:22.5	77	3:01:40	89			240
Marion	Bensley	Coltishall Jaguars RC	1:39:49	45	57:39	73	02:10:47.4	47			01:39:24	68	233
Charlotte	Richardson	Wymondham AC	1:27:50	71			01:54:52.1	73			01:25:37	83	227
Abigail	Grand		1:27:38	72			02:01:06.0	63	3:17:57	80			215
Kathryn	Mathias	City Of Norwich AC	1:04:59	100			01:24:33.2	100					200
Louise	Juby	Dereham Runners & AC	1:07:26	99							01:06:45	100	199
Zoe	Chase	Waveney Valley AC	1:11:36	97			01:34:18.1	97					194
Alexandra	Smith	Wymondham AC	1:12:34	96			01:31:20.9	98					194
Anne	Flanagan	Norwich Road Runners			43:44	99					01:15:29	94	193
WOMEN 45-49													
Sabina	Spence	Bure Valley Harriers	1:10:07	100	43:02	100	01:32:42.7	100	2:26:25	100			400
Penny	Studley	Great Yarmouth Road Runners	1:15:13	97	44:55	98			2:38:18	97	01:15:09	98	390
Claire	Rackham	Norwich Road Runners			46:10	96	01:47:31.6	94	2:53:51	93	01:20:13	95	378
Joanna	Godwin	Wymondham AC	1:22:15	90	49:08	93	01:53:40.3	87	2:55:43	91			361
Caroline	Peek	Lowestoft Road Runners			50:14	91	01:54:42.8	85	3:10:43	84	01:26:16	87	347
Melanie	Widdows				47:39	95	01:49:45.2	92			01:21:05	93	280
Kirsty	Winter				45:54	97	01:48:56.0	93	2:56:57	90			280
Louise	Holland	Wymondham AC	1:22:03	91			01:51:15.3	90			01:21:08	94	275
Christina	Spooner	North Norfolk Beach Runners	1:19:28	94			01:49:57.0	91	2:58:54	87			272
Julie	Doughty		1:20:16	93	49:07	94	01:55:43.8	82					269
Laura	Waters		1:38:55	68	1:00:40	72	02:18:17.3	52			01:38:49	72	264
Katie	Whitmore	Wymondham AC	1:30:03	83	54:18	87					01:30:26	83	253
Kerry	Smith	North Norfolk Beach Runners	1:48:05	53	1:03:36	63	02:20:20.0	49			01:41:52	68	233
Rachel	Ollett	Great Yarmouth Road Runners	1:29:07	86			01:58:28.5	77			01:39:37	69	232
Rebecca	Clarke				53:21	88	01:59:52.0	76	4:07:13	66			230
Claire	Beckett				57:19	81			3:36:24	76	01:39:14	71	228
Theresa	Dooley	Norfolk Gazelles AC					01:40:32.6	99			01:11:35	99	198
Rachel	Miller	Norwich Road Runners			43:10	99	01:41:51.3	96					195
Sarah	Stubbs	City of Norwich Athletics Club					01:41:44.6	97			01:16:42	96	193
Marianne	Page	Norfolk Gazelles AC	1:18:39	95			01:44:14.1	95					190
WOMEN 50-54													
Elly	Young	Coltishall Jaguars RC			44:20	100	01:38:01.6	100	2:44:29	99	01:13:18	99	398
Ruth	Gaunt	Norwich Road Runners	1:20:03	93			01:44:28.0	95	2:46:51	97	01:21:44	95	380
Ruth	Steele	Coltishall Jaguars RC	1:21:28	92	50:01	93	01:46:16.2	94			01:19:03	97	376
Lisa	Rodgers	Wymondham AC	2:01:54	59	1:05:53	69	02:24:05.1	78	3:46:25	79	01:45:09	75	360
Sharon	Jones	Coltishall Jaguars RC	1:32:02	83	53:43	88	01:58:50.2	87			01:30:24	86	344
Julie	London	Norfolk Gazelles AC	1:30:37	84			02:10:44.1	82	3:14:55	89	01:31:08	85	340
Helen	Mian	Norfolk Gazelles AC	1:14:40	100			01:39:16.1	99			01:13:31	100	299
Louise	Hurr	Norfolk Gazelles AC	1:16:31	96			01:39:30.2	98			01:17:51	98	292
Nicola	Baker	Great Yarmouth Road Runners	1:15:54	97			01:41:50.2	97	2:51:09	95			289
Jo	Anverali	Great Yarmouth Road Runners	1:15:34	98			01:41:51.7	96	2:51:09	94			288
Anneke	Cook	Wymondham AC			49:09	96	01:51:05.8	91			01:21:09	96	283
Rebecca	Maun	North Norfolk Beach Runners	1:16:52	95			01:50:03.6	92	2:48:18	96			283
Marian	Crossland	City Of Norwich AC	1:24:48	90	49:48	94					01:24:37	92	276
Karen	Evans	Coltishall Jaguars RC	1:32:24	80			01:58:55.7	86	3:12:43	90			256
Nicola	McGee	Great Yarmouth Road Runners					02:13:50.4	79	3:40:34	81	01:37:53	80	240
Mary	Cordeaux	City Of Norwich AC	1:42:39	67	58:16	77	02:11:01.6	81					225
Rochine	Symonds	Great Yarmouth Road Runners					02:24:53.2	77	4:01:05	71	01:45:19	74	222
Tracey	Goodrum	Lonely Goat RC	1:41:37	68	1:01:12	73	02:24:56.0	76					217
Caren	Maidment	Coltishall Jaguars RC	1:59:41	60	1:11:23	66	02:45:18.5	70					196
Nicky	Dowson	Norwich Road Runners			49:10	95	01:57:13.6	89					184

WOMEN 55-59

Ruth	Gainsford	Coltishall Jaguars RC	1:25:50	99	51:52	98	01:55:49.5	96	3:02:01	98	01:25:13	97	488
Anna	Coulborn	Great Yarmouth Road Runners	1:26:32	98	50:16	99	01:52:43.4	99			01:26:06	96	392
Philippa	Rudd	Norwich Road Runners	1:28:29	96			01:54:22.5	98	3:04:35	97	01:37:52	92	383
Jenny	Mayne	City Of Norwich AC	1:28:46	95	53:43	96	01:56:45.1	95			01:32:51	93	379
Jackie	Gooch	Coltishall Jaguars RC	1:35:38	90	55:12	94	02:02:56.7	92			01:30:41	94	370
Jackie	Eastaugh-King	Norwich Road Runners	1:54:51	80	58:04	91			4:00:49	91	01:38:54	90	352
Judy	Crooks	Norwich Road Runners	1:28:26	97	53:30	97					01:26:27	95	289
Julie	Dilrew		1:32:32	94			02:00:05.4	93	3:07:07	96			283
Debbie	Secret		1:32:42	93	55:03	95	02:05:40.9	91					279
Mitzy	O'Loughlin	Bungay Black Dog RC	1:49:36	82			02:21:07.7	87	3:45:24	92			261
Rachel	Hirst	Bungay Black Dog RC	1:38:37	88					3:26:43	94			182
Valerie	Gidney	City Of Norwich AC	1:38:56	87	58:56	90							177
Sally	Kelly		1:43:10	84	1:06:43	86							170
Marina	Murdoch	Wymondham AC	1:55:37	79			02:31:13.6	86					165
Wendy	Aldridge	Dengie 100 Runners							2:50:05	100			100
Susan	Aves	Springfield Striders					01:47:29.0	100					100
Catherine	Henery	City of Norwich Athletics Club									01:13:49	100	100
Dianne	Hughes	Stowmarket Striders RC	1:21:35	100									100
Louise	Wilkinson	City Of Norwich AC			48:19	100							100
Claire	Brown	Saint Edmund Pacers							2:51:36	99			99

WOMEN 60-64

Alison	Stewart	Norwich Road Runners	1:22:44	99	47:57	100					01:21:57	100	299
Bobbie	Sauerzapf	Bungay Black Dog RC	1:26:43	97			01:58:46.0	99	3:10:20	99			295
Patricia	Tuttle	Waveney Valley AC	1:33:32	95					3:09:19	100	01:29:43	99	294
Elaine	Hudson	Norfolk Gazelles AC	1:29:53	96			02:04:02.9	97			01:32:01	98	291
Susan	Moore	Norfolk Gazelles AC					02:16:41.2	96	3:54:51	96	01:43:43	97	289
Jayne	Capps-Jenner	Bungay Black Dog RC	1:39:16	91	56:39	97			3:27:25	97			285
Sue	Carver	Norwich Road Runners	1:42:29	90	1:01:12	95			4:01:07	95			280
Teresa	Solomon		1:43:25	89	1:02:01	94	02:20:05.7	95					278
Elaine	Haggarty	Great Yarmouth & District AC	1:51:28	88	1:05:04	93	02:28:05.2	92					273
Doreen	Neal	Coltishall Jaguars RC	1:35:18	94					3:16:17	98			192
Helen	Taylor	Norwich Road Runners	2:02:53	87	1:10:26	91							178
Suzanne	King		2:17:06	86			03:05:11.7	91					177
Sharon	Baldwin	Bungay Black Dog RC	1:17:23	100									100
Angie	Bear	Wymondham AC					01:57:33.6	100					100
Gail	Hardingham	Bure Valley Harriers			50:06	99							99
Lorain	Dawson	Great Yarmouth Road Runners					01:58:57.4	98					98
Karen	Hatton	Saint Edmund Pacers	1:25:36	98									98
Elaine	Savvas				54:48	98							98
Ann Marie	Pointer										01:54:25	96	96
Caroline	Taylor	Norwich Road Runners			57:26	96							96

WOMEN 65+

Rosemary	Jackson	Coltishall Jaguars RC	1:29:16	100	52:15	98	01:55:01.3	100	3:07:19	100	01:26:46	99	497
Sheila	Smith		1:43:45	95	59:18	95	02:16:02.0	97			01:38:00	97	384
Jennifer	Rowley				1:04:36	91	02:26:19.8	94	4:07:13	98			283
Sandy	Wells	Great Yarmouth & District AC	1:47:47	94			02:27:29.0	93			01:53:17	95	282
Margaret	Faherty	Norwich Road Runners	1:49:18	93	1:07:39	90	02:22:54.6	95					278
Linda	Cusack				50:48	99					01:21:54	100	199
Alison	Rostron						02:07:05.4	98	3:38:26	99			197
Anne	Graveling				53:41	97	01:56:39.7	99					196
Jennifer	Burfoot	Norfolk Gazelles AC	1:41:19	96							01:47:44	96	192
Jacqueline	Wood	Dereham Runners & AC			1:02:05	92	02:19:55.0	96					188
Anita	Betts	Great Yarmouth Road Runners					02:34:08.7	92			01:56:14	94	186
Penny	Edwards	Norwich Road Runners			48:08	100							100
Dianne	Tilbrook		1:31:34	99									99
Jane	Ashby	Ryston Runners AC									01:27:57	98	98
Christine	Muttitt	Bungay Black Dog RC	1:35:59	98									98
Pat	Brightman	Great Yarmouth and District AC							4:07:14	97			97
Carole	Spong	Great Yarmouth Road Runners	1:37:57	97									97
Cindy	Burgess	Wymondham AC			58:39	96							96
Stephanie	Madden				1:00:57	94							94
Elizabeth	Davison	Norwich Road Runners			1:02:04	93							93

SENIOR MEN

Kyle	Brooks	Wymondham AC	1:03:26	88	38:33	87	01:23:40.2	95	2:14:16	94	01:01:48	90	454
Daniel	Smith	Coltishall Jaguars RC	1:06:25	80	38:39	86	01:24:29.3	92	2:16:40	91	01:03:19	86	435
John	Hudson	Norwich Road Runners			36:20	94	01:20:07.6	99	2:05:19	97	00:59:11	98	388
Chris	Harrison	Norwich Road Runners	1:04:46	83			01:25:10.9	88	2:26:05	84	01:01:05	95	350
Dominic	Richardson	Norwich Road Runners	1:04:10	85	37:39	89	01:26:28.3	86			01:02:30	89	349
Scott	Bruce	Lowestoft Road Runners	1:11:54	64	42:03	67	01:33:39.0	63	2:43:39	72	01:12:08	67	333
Rafal	Drygas		1:09:09	71	41:19	70	01:30:01.1	74			01:10:48	72	287
Chris	Parker	North Norfolk Beach Runners	1:03:07	89	36:42	93			2:16:22	92			274
Liam	Rowlands	Norwich Road Runners	1:03:58	86	37:37	90	01:23:57.0	94					270
Martin	Farr	Lowestoft Road Runners	1:06:11	82			01:24:55.0	90			01:04:04	85	257
Robert	Organ		1:14:37	56	44:00	55	01:39:15.6	45	3:07:41	45	01:17:30	51	252
Nick	Kent	Wymondham AC	1:08:32	75	39:06	84	01:27:06.0	85					244
Jack	Stuttle	Coltishall Jaguars RC			39:22	80	01:28:29.3	80			01:05:29	83	243
Michal	Grucelski		1:15:10	54	44:07	54	01:36:20.4	57			01:10:57	70	235
Sam	Barker	Wymondham AC	1:09:08	72	40:47	74			2:18:44	87			233
Jordan	Isbill						01:35:07.4	60	2:27:57	82	01:07:43	79	221
James	Tubb		1:09:07	73	41:40	68	01:33:58.6	62					203
Michael	Eccles	Norfolk Gazelles AC					01:16:08.2	100			00:56:50	99	199
Nick	Gurney	Norwich Road Runners	1:09:16	68	42:31	62	01:32:29.0	68					198
Samuel	Coyne	Bure Valley Harriers	55:27	98	33:03	99							197

MEN 40-44

Marc	Coles	Norwich Road Runners	1:02:38	97	37:58	92	01:22:17.0	95	2:08:26	98	01:02:12	96	478
Andrew	Thomas	Great Yarmouth Road Runners	1:12:46	77	43:39	83	01:36:22.0	76	2:40:59	80	01:14:44	79	395
Neil	Adams	North Norfolk Beach Runners	59:41	99	35:22	97			2:16:23	96	00:58:18	100	392
Dominic	Blake	Reepham Runners			33:17	100	01:12:57.0	100	1:56:03	100			300
James	Johnson	Norwich Road Runners			34:22	99	01:16:13.0	99			00:58:59	99	297
Simon	Wright	Norwich Road Runners	59:32	100	35:44	96					01:02:28	95	291
Simon	Cook	Lowestoft Road Runners	1:00:23	98			01:20:25.4	97			01:03:07	94	289
Gav	Dent	North Norfolk Beach Runners	1:16:56	72	44:59	78	01:39:36.1	72			01:22:28	67	289
Trevor	Gannon	Norwich Road Runners			35:50	95	01:21:47.9	96			01:00:23	98	289
Alastair	Leckie	Norwich Road Runners	1:03:32	95	37:11	94	01:26:40.2	91					280
James	Fowler	Norfolk Gazelles AC	1:04:53	93			01:25:34.5	92			01:03:34	92	277
Paul	Smith	Norwich Road Runners	1:05:44	92	38:24	91					01:06:08	91	274
Stuart	Gollands		1:20:10	65	46:49	73	01:45:52.1	57			01:18:14	71	266
Philip	Wright	Bure Valley Harriers	1:07:52	85	39:26	90			2:30:26	85			260

Mark	Mardell	Norwich Road Runners	1:12:25	80	42:23	86				01:09:02	85	251	
Marek	Halicki				43:53	82	01:36:13.0	77		01:11:17	84	243	
David	Crow	Norwich Road Runners	1:14:27	76					2:35:34	82	01:15:21	78	236
Liam	Swift				44:40	81	01:39:46.0	71		01:16:45	75	227	
Malcolm	Fisher	Dereham Runners & AC	1:17:21	69			01:41:40.5	65	2:59:33	76		210	
James	Frary	Norfolk Gazelles AC	1:17:19	70			01:39:56.8	69		01:34:05	62	201	
MEN 45-49													
Jan	Kaiser	City Of Norwich AC	59:21	99	35:12	100			2:05:51	99	00:58:04	100	398
Mark	Stone	Great Yarmouth Road Runners	1:14:17	74	43:43	86	01:37:47.3	78	2:43:40	79	01:12:21	79	396
Chris	Bullock	Norwich Road Runners	1:04:29	95	38:52	95	01:24:40.5	98			01:02:06	95	383
Mat	Porter	Norwich Road Runners	1:04:59	93	37:59	96	01:25:00.1	97			01:02:17	94	380
Jason	Brunt	Norfolk Gazelles AC	1:07:31	90			01:29:57.5	91	2:21:50	95	01:07:12	90	366
Cathal	Daly	City Of Norwich AC	1:19:09	65	45:31	80	01:50:40.0	55	2:59:19	66	01:16:58	72	338
Neil	Walpole	Norwich Road Runners	1:08:07	88	40:26	93	01:44:17.0	66			01:09:33	85	332
Robert	Spence		1:13:41	79	43:07	88	01:37:46.9	79	2:39:57	83		329	
Keith	Walpole	Norwich Road Runners	1:13:43	78	46:48	73	01:44:54.3	65			01:09:33	86	302
Lee	Bryer		1:14:48	72	45:04	81	01:42:42.2	68			01:13:06	76	297
Chris	Haylock	Lowestoft Road Runners	1:01:58	98	36:45	99					01:01:12	97	294
Darren	Easter	Dereham Runners & AC	1:04:57	94	37:52	97					01:03:11	93	284
Jon	Wiles	Bungay Black Dog RC	1:07:36	89			01:26:42.2	94	2:23:43	94		277	
Terry	Hubbard	Great Yarmouth Road Runners					01:30:27.1	90	2:26:56	92	01:10:27	82	264
Philip	Websdale	Dereham Runners & AC	1:21:42	58	46:44	74			2:59:38	65	02:17:48	53	250
Paul	Youngman	Tri-Anglia Triathlon Club	1:28:10	44	49:12	64	01:46:44.1	61			01:28:28	60	229
Jason	Black	Norfolk Gazelles AC	1:14:11	75			01:39:34.0	76	2:52:33	74		225	
Jimmy	Secker	Sudbury Joggers	1:16:24	69	44:52	83	01:42:14.7	69				221	
Heath	Alexander-Bew	Wymondham AC	1:17:19	67	45:38	79					01:18:28	69	215
Dave	Spooner	North Norfolk Beach Runners	1:19:10	64	46:38	75			2:52:13	75		214	
MEN 50-54													
Darren	Honour		1:05:40	99	37:16	99	01:21:32.6	100	2:37:33	90	01:02:34	98	486
James	Nice	City Of Norwich AC	1:17:13	76	45:02	84	01:46:13.6	78	2:47:05	84	01:15:28	80	402
Wayne	Ramsbottom	Dereham Runners & AC	1:15:31	82	45:39	81	01:42:34.8	82	2:49:08	83	01:18:57	72	400
Andrew	Dormer	Great Yarmouth Road Runners	1:06:04	98	39:07	98	01:25:21.0	98			01:04:49	96	390
Graham	Johnson	Coltishall Jaguars RC			44:21	89	01:38:04.0	86	2:25:08	96	01:06:51	93	364
Matthew	Jones	City Of Norwich AC	1:19:10	70			01:37:46.0	88	2:38:49	89	01:10:52	89	336
Garry	Whiting	Wymondham AC	1:17:14	75	44:45	87	01:45:33.8	79			01:17:16	76	317
Mike	Jolly	Reepham Runners	1:26:52	59	58:56	55	02:11:31.2	43	3:03:36	77	01:24:56	65	299
Karim	Ouaddane	Waveney Valley AC	1:08:33	94			01:28:06.5	97	2:23:58	97		288	
Neil	Button	Coltishall Jaguars RC	1:08:15	96	39:59	96					01:06:06	94	286
Adrian	Waters	Norfolk Gazelles AC					01:29:50.0	96	2:29:28	95	01:05:40	95	286
Michael	Quantrill	Waveney Valley AC	1:08:28	95			01:32:25.1	94			01:10:07	90	279
Andrew	Baker	Great Yarmouth Road Runners	1:10:36	93			01:35:19.8	90	2:33:29	92		275	
James	Bool	Great Yarmouth Road Runners	1:13:07	87			01:37:56.1	87			01:11:08	88	262
Mark	Tufts	Wymondham AC	1:13:16	86			01:36:09.4	89			01:12:00	87	262
Nick	Ross	Norfolk Gazelles AC	1:14:35	84			01:43:47.5	81			01:12:57	86	251
Mark	Philo	Tri-Anglia Triathlon Club					01:50:03.0	73	2:51:55	82	01:14:36	82	237
David	Graham	Lowestoft Road Runners			50:14	74	01:54:43.3	65	3:10:43	73		212	
Ian	Hollings	Lonely goats rc	1:39:45	47			02:10:57.4	44	3:40:22	65	01:37:10	54	210
Tony	Ludlam	Great Yarmouth Road Runners	1:37:11	48	59:13	54	02:10:06.3	45			01:40:15	52	199
MEN 55-59													
David	Kellaway	Dereham Runners & AC	1:15:12	91	43:19	96	01:37:20.8	92	2:36:15	96	01:10:28	91	466
Keith	Brighty	Coltishall Jaguars RC	1:24:20	77	45:26	92	01:42:52.4	86	3:04:24	88	01:14:59	88	431
Mark	Garrett	Norwich Road Runners	1:05:54	99	40:17	99	01:28:10.2	99			01:05:35	98	395
Mark	Griffin		1:14:45	93	43:12	97	01:37:52.4	91			01:09:55	93	374
Warren	Newell		1:19:16	82	46:28	89	01:44:15.5	85			01:16:37	83	339
David	Crotch		1:26:40	74	47:50	86	01:47:41.3	84			01:19:12	80	324
Richard	White	Wymondham AC			39:28	100	01:26:20.7	100	2:18:49	99		299	
Todd	Lake	Dereham Runners & AC			43:34	95			2:16:51	100	01:06:13	97	292
Kevin	Frazer	Wymondham AC			40:53	98	01:31:22.9	97			01:08:20	95	290
Gary	Grand	Norwich Road Runners	1:08:06	98			01:32:18.9	96			01:08:13	96	290
Chris	Chorley	Bungay Black Dog RC	1:13:37	94			01:37:03.6	94	2:47:28	92		280	
Will	Buck	Norwich Road Runners			45:10	93	01:37:04.0	93			01:15:52	85	271
Andrew	Stratton	Wymondham AC	1:49:54	61	1:05:32	75	02:24:00.6	71			01:45:09	64	271
Chris	Moore	Norfolk Gazelles AC					01:39:58.4	90	2:43:58	93	01:15:48	87	270
Tim	Woods	Norfolk Gazelles AC	1:21:18	78			01:48:04.5	83			01:19:44	79	240
Roly	Cook	Norwich Road Runners	1:17:33	86			02:14:11.3	72			01:18:12	81	239
Colin	Fish		1:27:04	73					3:21:44	85	01:24:34	73	231
Graham	Hardingham	Norfolk Gazelles AC	1:26:13	76			01:58:58.3	77			01:27:16	69	222
Paul	Bloomfield	Coltishall Jaguars RC	1:59:42	60	1:05:36	74	02:28:57.0	70				204	
Graham	Moore		1:11:28	96					2:30:38	98		194	
MEN 60-64													
Ivan	Lees	Great Yarmouth Road Runners	1:23:00	88	50:23	94	01:57:05.9	93	3:10:45	94	01:25:56	87	456
Stephen	Sadd	Norfolk Gazelles AC	1:15:05	96			01:38:37.5	100	2:39:42	97	01:18:14	93	386
Keith	Morris	Ryston Runners	1:31:16	80	52:50	90			3:20:21	93	01:31:54	83	346
Stuart	Sayer	Norwich Road Runners	1:38:16	79	58:00	85	02:11:14.5	86			01:40:21	81	331
Phil	Hurr	North Norfolk Beach Runners	1:05:32	100	39:36	100					01:06:04	100	300
Tom	Townsend	Norfolk Gazelles AC	1:14:18	98			01:38:47.2	99			01:13:03	98	295
Andrew	Lane	Wymondham AC	1:14:42	97	44:15	98					01:14:44	95	290
Guy	Shearwood	Norwich Road Runners	1:15:59	93			01:40:55.0	98	2:46:51	96		287	
Andrew	Hammond	Norfolk Gazelles AC	1:20:17	90			01:46:19.0	97			01:17:35	94	281
Peter	Laddiman	Norfolk Harriers RC	1:18:39	91	45:23	96					01:19:41	91	278
Peter	Kean-Cockburn	Coltishall Jaguars RC	1:23:56	86			01:57:43.0	90			01:23:50	89	265
Paul	Richardson	Dereham Runners & AC	1:15:54	94	43:34	99						193	
Craig	Osborn						01:53:32.3	95	2:53:01	95		190	
Paul	Dowson	Norwich Road Runners			50:02	95	01:57:11.0	92				187	
Phil	King	North Norfolk Beach Runners			50:39	93						175	
Clive	Purbrook	Newmarket Joggers	1:23:28	87							01:25:33	88	175
Keith	Hood	Wymondham AC	1:26:41	84							01:23:20	90	174
Bernard	Nunn	Lonely Goat RC			57:26	86	02:04:00.7	87				173	
D	Gray	Norwich Road Runners			54:23	88					01:28:56	84	172
Stephen	Read	Bungay Black Dog RC	1:30:04	81							01:26:10	86	167
MEN 65+													
Pete	Johnson	Ryston Runners	1:11:33	99	42:17	100	01:33:21.2	100			01:09:49	100	399
Derek	Sadler	North Norfolk Beach Runners	1:21:37	93	46:33	96	01:45:49.9	99			01:17:56	95	383
Michael	Persich		1:27:30	87	52:19	89	01:56:35.4	93			01:27:10	89	358

David	Aldis	City Of Norwich AC	1:18:44	97	46:03	97			01:17:08	97	291		
Paul	Evans		1:22:26	92			01:52:27.1	97		01:17:18	96	285	
Eamonn	McCusker	Ryston Runners	1:19:29	95	49:14	92			2:57:02	98		285	
Bob	Paul	Bungay Black Dog RC	1:28:13	85			01:54:12.0	95	3:01:41	96		276	
Nigel	Bullen	Norfolk Gazelles AC					02:18:33.6	88	3:54:21	93	01:59:41	83	264
David	Field	Norwich Road Runners	1:47:15	79	1:04:37	81					01:48:13	85	245
Glen	Nelson	Bure Valley Harriers			42:42	99					01:10:21	99	198
John	Burton	Tri-Anglia Triathlon Club					01:47:21.8	98	2:49:15	99			197
Neville	Clarke	Newmarket Joggers	1:13:31	98							01:11:49	98	196
Martin	Howard	Norwich Road Runners			47:48	95					01:20:15	94	189
David	Goodwin	Norfolk Gazelles AC	1:26:13	89			01:52:51.3	96					185
John	Bone	Great Yarmouth Road Runners	1:23:43	90	49:09	93							183
Chris	Groves	Tri-Anglia Triathlon Club	1:27:44	86					3:21:51	95			181
Neil	Anderton	Dereham Runners & AC	1:28:54	84	50:48	91							175
Robert	Scarfe	Wymondham AC			1:00:06	85					01:44:19	86	171
Tim	Hirst		1:54:40	78					4:09:17	92			170
Michael	Smith	Wymondham AC	1:30:38	83	55:45	87							170